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Bangalore Mirror ON SATURDAY

TEMP Max 35 | Min 21 | Humidity 41% Clear with periodic clouds Sensex 57,060 | Nifty 17,102 | Gold 51,706 | Silver 63,600 | Dollar 76.53 | Euro 80.55 | GBP 95.92

Church requests to translocate seven trees somewhere nearby as forest department readies to remove them for Metro work

TREE WILL

Trees in question 50-100 years old

| Garima Prasher
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TWEETS @BangaloreMIRROR

As the forest department gets ready to remove seven trees in All Saints' Church premises, church members have reached out to the authorities requesting to relocate the trees within the campus and nearby areas.

Earlier, the Bengaluru Metro Rail Corporation (BMRCL) had sought permission from the forest department for the removal of the seven trees on the church campus. In the letter, BMRCL had mentioned that the seven trees in the area were to be removed for metro construction activities.

"There are only two wood apple trees in CBD. One inside Palace Grounds and the other in All Saints' Church campus.
— Alexander James, church member

The church members, however, said the forest department has not consulted them so far in this regard.

"We have requested BMRCL to not cut these trees but to translocate. While the forest department will be carrying out the exercise, there has been no consultation with us so far. We have created a space on the campus for one of the heritage trees. However, we are requesting the authorities to translocate the rest of the six trees in the vicinity," said Rolland Fernandez, a church member.

According to the members, all the seven trees are over 50 years old and some of them belong to rare species.

"These trees are between 50 to more than 100 years old. A couple of them are special trees such as the wood apple tree. It is one of the oldest trees on the campus.

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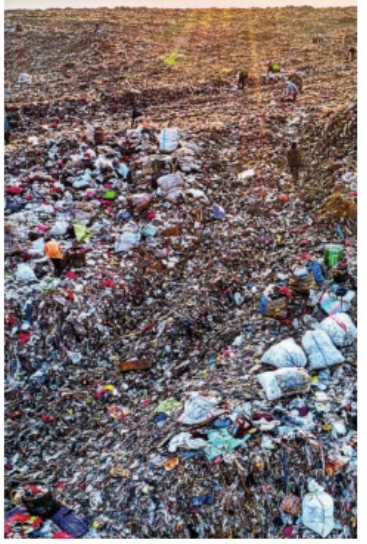
PAGE 4

GAS FROM GARBAGE

GAIL submits proposal to state government seeking permission for biogas plant at Mandur landfill



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3 THINGS TO DO

01 Dance and more

Natya Institute of Kathak & Choreography (NIKC) presents a conference dedicated to dance, choreography, learning and more. The fourth edition of 'Dr Maya Rao Kathak and Choreography Conference' is here to enthral dance-lovers and attempts to take a look at dance in the post-pandemic world. **Where: Bangalore International Centre, Domlur**
When: May 3, 3-8 pm.

02 An Egyptian dance, live

Global Malls, Rajajinagar is all set to showcase their next event by Live@Global. Reputed Egyptian Tanoura dancer, Mohamed Said Elsayed Noureldin will be performing live. Mohamed has performed in several countries across the globe and has participated in India's Got Talent as well. Tanoura is a traditional national dance in Egypt, and one of the most popular Egyptian folkloric dances today. This dance symbolizes the rotation of the Earth around the sun and personifies the Kaaba bypass in Mecca. **Where: Global Malls, Rajajinagar; When: April 30, 6pm onwards**

03 Women in art

Check out 'The Primacy of 5' the first ever solo show of Bengaluru-based artist Jay Varma, a fifth generation descendent of Raja Ravi Varma. Comprising some of Jay's earliest works, the show will feature 13 paintings done in a variety of mediums, ranging from color pencil work to graphite (how the artist started his career) and ending with oil paintings. In this series, Jay Varma brings to the fore five women from the Ramayana and Mahabharata.
Where: Gallery G, Lavelle Road; When: till April 30

Girls, go on that run, now

Gynaecologists report a surge in PCOS/PCOD cases in women in their early twenties; sedentary lifestyle, unhealthy diet patterns to blame

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A regular exercise and good sleep cycle will go a long way in keeping your hormonal levels stable

Covid not just threw the world into disarray in terms of living with an unknown virus, it also wreaked havoc with our health. Lifestyle-related diseases like heart disease, sleeping disorders surged all over the world in the last two years.

Now, gynaecologists also say that women are increasingly complaining of Polycystic Ovary Syndrome (PCOS)/Polycystic Ovarian Disease (PCOD), especially those who are in their early twenties. For the uninitiated, P occur in women of reproductive age, and due to a mixture of genetic and environmental factors, causes cysts to be formed in the ovaries, irregular periods, and a high level of androgen or male hormones.

With the increasing number of women complaining of issues relating to the reproductive system, MediBuddy, a digital healthcare platform, recently witnessed a surge of 78 per cent consultations relating to gynaecological problems and diseases among young women, especially in the age group of 19 to 30 years.

Over 23 per cent of women complained of irregular periods and over a 20 per cent rise in concerns relating to missed periods. The data also reflects that there has been an 18 per cent rise in PCOS/PCOD health problems and an over 11 per cent increase in issues relating to discharge flow.

PCOS/PCOD causes cysts in the ovaries, irregular periods and a high level of male hormones

The data further recorded an increase in problems relating to genital skin infections, urinary infections, and other reproductive issues. The consultations recorded were mostly amongst young adults from age 19 to 30, followed by those from age 31 to 40 and adolescents from 12 to 18.

Doctors agree that this is mainly due to a drastic lifestyle change, resulting in a sedentary life. "Yes, there has been an increase in the number of PCOS/PCOD cases in the recent past, with many young women complaining of irregular periods due to hormonal imbalances.

"In most cases that I have seen, the problem is mainly due to lack of physical activity, irregular sleep patterns and unhealthy diet leading to weight gain," Dr Usha MR, Gynaecologist, Specialist Hospital, said.

According to her, while most patients are in the age group of 25 to 30, of late, there have been cases of women in their early 20s, triggering high levels of stress and depression.

It is important to follow healthy eating habits include regular consumption of fruits and vegetables and other healthy foods, exercise regularly, monitor blood sugar, because high sugar can also lead to PCOS. "They should check one's hypertension levels. It is important to treat PCOS early, as it could lead to infertility if left untreated."

Satish Kannan, Co-founder & CEO, MediBuddy, also spoke on similar lines, saying that the increasing number of issues related to gynaecology, especially amongst young women is a matter of concern. He said that it was extremely vital that these issues were resolved at the earliest.

"We urge women to continue seeking medical attention for any health-related problems. It is important that individuals prioritise their health and well-being."

Foes in the pool, best friends outside

At a celebratory dinner hosted by Jain University chancellor Dr Chenraj Roychand Jain on Thursday, the focus was on two local swimmers who have bagged medals at the ongoing Khelo India University Games. Olympian Srihari Nataraj and his contemporary Siva Sridhar who have ensured Jain University tops the medals' table are fierce opponents in the water, but best friends otherwise. The two swimmers have been closely keeping tabs on each other's success since 2008.

"I met Siva in 2008 during a Swim Life competition for non-medallists. He beat me in all the events," recalls Srihari vividly and was quick to add that he beat him the next year in the same events.

The two have shared a healthy rivalry over the past couple of years, be it Sub-Junior Nationals, Junior Nationals or the Senior Nationals. "I think till 2014, he would beat me in pretty much all the backstroke events. That was our main event: 50m, 100m and 200m backstroke. The races were always close," recalled Srihari.

PICTURE FOR REPRESENTATION ONLY

The duo has ensured Jain University stays on top of the medals' table in the ongoing championship

From analysing each other's performances to arguing who was the best in a race, from conveying compliments on their races to exchanging notes on their training sessions, the duo engages in nonstop banter when they are out of the water.

"I need my customary ice cream after every race," exclaimed Srihari, looking at Siva who nodded in agreement. "We both usually have a big scoop of ice cream after our races, this has been a habit for many years," mentioned Siva who bagged a total of seven gold and two silvers while Srihari bagged six gold, and one silver.

"There is a lot I am taking away from my performances here at KIUG. It was reassuring that I still have it in me to make the cut for Asian Games, where I wish to enter for the 100m backstroke along with Hari (Srihari) who has already qualified," said Siva.

"That would be really nice if he can actually qualify for the Asian Games and if we both can swim 100m backstroke just like good old times," signed off Srihari. **– IANS**

Shady rental agreement

Cybercrook uses 'defence' card to dupe ex-serviceman, daughter of Rs 14.8 L

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It's neither an OTP fraud nor a QR Code scam, it's a new modus operandi by cybercrooks, the city cybercrime police say after they stumbled upon a case where a man allegedly duped a father-daughter duo of Rs 14.8 lakh, posing as prospective tenant.

A 31-year-old woman from Ramamurthynagar approached the police with a complaint stating that she and her father, a retired defence personnel, got duped by a cybercrook disguised as an ex-service man on the pretext of taking their house on rent in Bengaluru.

The woman, who is an IT professional in Bengaluru, told Bangalore Mirror that being aware of several modus operandi adopted by cybercrooks, she subscribed to a few prominent websites offering her tips on how to stay safe from cybercrimes. The father-daughter duo still fell prey to the cybercrook as he used the 'ex-defence' title. According to the complainant, her father was super convinced of the cybercrook's gift of the gab.

Within minutes, Shifa (name changed) lost Rs 14.8 lakhs after she transacted using her ICICI bank account assuming that she was transferring money to the Human Resource Department of the Defence Ministry, according to the scamster's instructions. They were told to send the money as per the 'Defence HR policy', which "claims" that the owner of the house had to send an amount of money online to the Defence HR staff who would send double the money back to the depositor.

Shifa's father had posted an advertisement about his two-bedroom house on a popular website. He received a call from a man who claimed he was a Chartered Accountant (CA) with the Central Industrial Security Force (CISF) in Hyderabad and claimed that he was from the Defence Service. Shifa's father inquired where he had been posted after his transfer and he replied that he was coming to the Training Command and that he was not particular with the quarters.

Shifa's father was convinced with the conversation. "My father gave into his friendly conversation as he wanted someone to rent his house as soon as possible to make some income. He asked him (the accused) to send his copies of Aadhaar and PAN carda for further processes. They had mutually agreed upon the rent as Rs 14,500 and an advance amount of Rs 2 lakh," Shifa told Bangalore Mirror. Soon after the accused sent the copies of his Aadhaar and PAN, the retired service man told his daughter to carry out further formalities as he was not familiar with online transactions. Shifa spoke to the accused who asked her if she was aware of how bank transactions were done with defence personnel. "It was then he explained to me about sending the money to their HR person so that they send double the money back," Shifa said.

Initially, Shifa was asked to send Rs 1 lakh and the accused pretended that he had not received the money even though Shifa got a message from her bank that the money got debited from her account. Assuming that she would get her money reimbursed if there were some issues with transactions, she kept sending lakhs after lakhs to the accused who convinced her repeatedly that his HR person was not getting the money credited by her to the account. "He kept me busy talking about the issues with the online transactions, asking me for screenshots of the cash delivery. He gave multiple reassurances that he would return all the money which she had sent in case there was a problem. By the time I realised that I was getting cheated, I had already sent Rs 14.8 lakh," Shifa told Bangalore Mirror.

> **"My father gave into his friendly conversation as he wanted someone to rent his house soon to enable him to earn some income** – Complainant

Shifa then approached the East CEN crime police station on April 27 and filed a complaint based on which the cops have registered an FIR. Even after so much public awareness, educated people are becoming victims of cybercrime, said a senior police officer.

PfA Bengaluru Green NGO of the Year

Colonel Dr Navaz Shariff, chief veterinarian, PfA Bengaluru, receives the award

People for Animals (PfA), Bengaluru received the Green NGO of the Year award at the 12th edition of the Olive Crown Awards 2022 held in Mumbai on Thursday. The annual award ceremony is organized by the International Advertising Association (IAA).

The awards acknowledged the remarkable work that the NGO has been doing by saving the Wildlife of Bengaluru PfA, Bengaluru has so far rescued over 31,200 urban wildlife of 210 different species of reptiles, mammals and a variety of birds and released them back into the wild.

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Waste to fuel energy

GAIL proposes to run biogas plant at Mandur landfill with BBMP's waste

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TWEETS @sridharvMIRROR

The overall project is estimated to cost Rs 65.11 crore

The landfill in Mandur is known to be used as a dumping ground for the city's garbage. However, it may soon become a spot for the production of biogas too. According to sources, the Gas Authority of India Limited (GAIL) has submitted a proposal to the state government seeking permission to start a bio gas plant at Mandur.

Sources said GAIL has requested 18 acres of land on lease for production of 300 metric tonnes of bio gas. The 25-year lease proposal will soon be taken up before the state cabinet. Once the approval is accorded, the works may begin soon after the handing over of the land.

GAIL had requested the BBMP commissioner, last year, to allocate land at Mandur where the Rs 65.11 crore project was to be taken up. The GAIL was eyeing the land near Mandur as its pipeline was passing near Mandur. In July, last year, the BBMP commissioner sought details of the entire project from GAIL. On September 20 GAIL shared a detailed project report with the civic body.

As per the plan, 300 metric tonnes of the segregated MSW (organic wet waste) will be provided by BBMP at no cost. So, this plant will be handling 300 metric tonnes of segregated organic wet waste on a daily basis. Additionally, 15 metric tonnes of cow dung waste provided by GAIL will also be fed into the plant. The plant is expected to generate 10.7 tonnes of biogas CNG, 31.39 metric tonnes of fermented organic manure and 180 cubic metres of fermented liquid organic manure on a daily basis. In case of need, a provision for vehicle fuel filling has been provisioned within the plant premises. Likewise, the offtake of fermented organic manure is to be sold at Rs 2.75 per kilogram through fertiliser retailers, dealers and wholesalers identified in Bengaluru.

As per the plan, 300 metric tonnes of the segregated organic wet waste will be provided by the BBMP to the plant at no cost; GAIL will provide 15 metric tonnes of cow dung waste

The produced liquid manure (fermented liquid organic manure), for the first 5 years, is expected to cost GAIL to develop its market. Thereafter, the revenue (at nominal sales price) from this product segment is considered and modelled in the report.

The overall project cost is estimated to be Rs 65.11 crore. GAIL will be funding 40 per cent of the project with equity and the remaining 60 per cent will be paid for with a bank loan. Under the central government waste to energy programme, a subsidy of Rs 8.25 crore has been considered in the project. The subsidy flow is back-ended and is expected to flow in at the earliest three months from COD.

BBMP's report stated, "To negate any adverse environmental and social impact from the project, appropriate recirculation and offtake upon adequate upgradation and treatment of the liquid manure has been considered. Furthermore, few other provisions in this regard include minimal usage of fresh water, provision to completely nullify foul smell or bad odour, provision of supplementary RO and Primary Health Care Centre. In the long-term, BBMP claims that it is confident of providing at least up to 500 tonnes per day of final segregated organic wet waste. So, there lies an opportunity for GAIL to consider expansion of the plant capacity from 300 tonnes per day to around 500 tonnes per day of segregated organic wet waste processing. In accordance, a provision for expanding the plant capacity has been recommended in the report."

The report concluded that Bengaluru had the potential location for GAIL to set up a biogas CNG plant. However, authentic, long-term agreements with feedstock suppliers as well as off-take agreements for assured sales of the products from the plant hold the key to a sustainable and economically viable future of the proposed venture.

Acid attack: Cops intensify search

Police have stepped up efforts to arrest the accused who is absconding after carrying out acid attack on a 23-year-old woman near her work place at Sunkadakatte. According to Kamakshipalya police, three special teams have been on the job to nab the accused Nagesh. The police say that all his family members have disappeared after the incident. The preliminary investigations have revealed that the accused Nagesh had preplanned the acid attack on the girl and escaped. Nagesh was allegedly in love with the victim, and when she rejected his proposal outrightly, he carried out the acid attack on her. – IANS

'MAKE LIKE A TREE'

CONTINUED FROM PAGE 1

There are only two wood apple trees in the central business district area. One is in the Palace Grounds, and the other one in the church campus. We are requesting the authorities to translocate the wood apple tree on the campus itself," said Alexander James, church member and tree activist.

BMRCL is carrying out tunnelling and station work from Jayanagar fire station to Nagawara and had proposed the removal of the seven trees on All Saints' Church campus. In a letter written to the deputy conservator of forests, BMRCL requested permission to remove the trees as the construction work in this area is being affected.

"The seven trees are part of the campus although we have now handed over the land to BMRCL for metro work. Earlier, BMRCL had asked for 4,500 sq m of land at the campus which could have led to the removal of at least 100 trees. However, the land area now has been reduced to 215 sq m and the number of trees to seven," the member told BM.

Bangalore Mirror
ACQUIRED HERITAGE
Pink line prep flashes like red alert for All Saints Church, as Metro plans to acquire its campus. Members, citizens, launch into protest

On Nov 27 BM reported: All Saints Church members protest as Metro tries to acquire property

Church members also said even if the trees survive the challenges of uprooting, transportation and new terrain, they will require post-operative care after they are re-rooted. If they are translocated in the vicinity of the campus, members can provide post-operative care, they said.

"These are old trees; we are requesting the authorities to translocate them in the vicinity of the church. While we have space inside the campus to translocate one tree, we need to find space for the rest of the six trees. We are trying to locate areas where these trees can be translocated to. We will be taking the help from tree experts to ensure that all the seven trees survive. If they are transferred to some other place, who will ensure their well-being?" wondered James.

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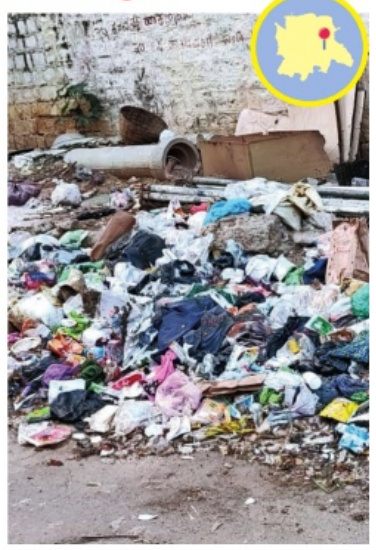
Waste issue
Indiranagar

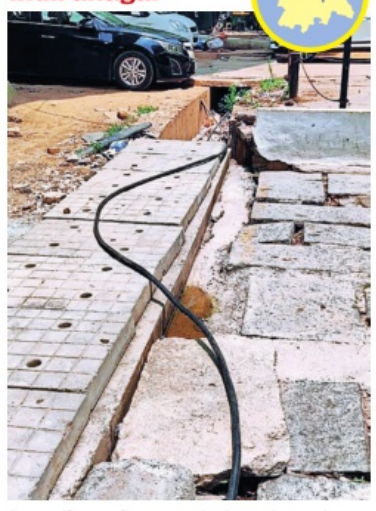


BBMP must clean up this spot in HAL 2nd Stage.

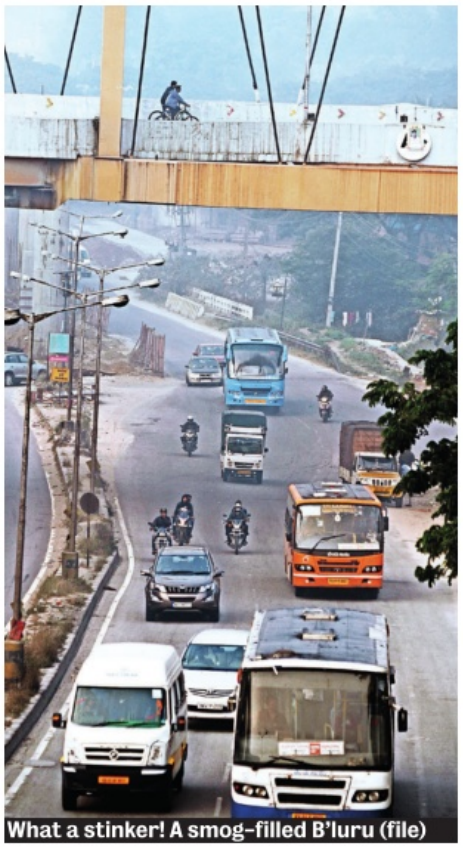
Why waste
Gaurav Nagar

An empty site here has been turned into a dumpyard. Why is the Palike not taking measures to clean it up and prevent littering?

Wire worries
Indiranagar



Dangling wires and abandoned cables in 2nd Stage are bound to cause accidents. This is near Metro pillars 62 and 63.


What a stinker! A smog-filled B'luru (file)

Mission: Help citizens breathe

Event by think tank discusses ways to reduce air pollution & implement strategies

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Improvement in public transportation infrastructure, installation of diesel particulate filters in heavy vehicles and a strict blanket ban on open waste burning can bring down the concentration level of PM10 and PM2.5 in the city, reports a study conducted by the Centre for Study of Science, Technology and Policy (CSTEP).

A handful of such measures can reduce the concentration of particulate matter by as much as 26.5 per cent by 2024, it also said.

These outcomes were discussed in detail at a data dissemination and capacity-building event organised by CSTEP on Friday. The event was held to help empower government officials to make informed decisions and implement effective strategies to mitigate pollution levels in the city.

The one-day event stressed upon the importance of interventions in targeting polluting sources to reduce pollution levels.

"Considering Bengaluru's status as a non-attainment city (a city which fails the National Ambient Air Quality Standards for a period of five years and more), conducting a scientific assessment through source apportionment and emission inventory was crucial towards preparing efficient strategies. Our studies estimated transportation to be the major contributor (around 40–51 per cent), followed by road dust resuspension (17–51 per cent). Other polluting sectors include construction dust, domestic fuel, and diesel generators," said Dr Pratima Singh, research scientist, CSTEP.

Experts also reflected on the need for micro-action plans that will help pollution control boards to take effective, result-oriented action towards improving air quality.

> **"There is a need to develop air guilt — the awareness that we are contributing to air pollution**
>
> – Vijay Mohan Raj, Ecology & Environment Department

"'The event is an opportunity to evaluate our work. CSTEP's reports will be used as a base for studying and making clean air action plans for three other non-attainment cities through a Plan-Do-Check-Act approach," said Dr Shanth A Thimmaiah, chairman, Karnataka State Pollution Control Board (KSPCB).

To enhance the quality and effectiveness of policy decisions, it is important to use scientific methods to assess air quality.

"It is imperative that the state government officials use scientific methods to assess air quality and work towards alleviating it. There is a need to develop air guilt—the guilt that comes from knowing that we are contributing to air pollution—to be felt by all to drive our actions. To do this, data need to be presented in simple formats that could be understood by everyone," said Vijay Mohan Raj, principal secretary, Ecology and Environment Department, Government of Karnataka.

CSTEP is working with the KSPCB and Bruhat Bengaluru Mahanagara Palike (BBMP) to help implement the recommendations under the National Clean Air Programme.

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The emperor's megaphone

Elon Musk's ludicrous Twitter buy is no doubt a testimony of how unregulated social tech is fostering today's neoliberal entrepreneurs, in what seems to be a reprise of absolute monarchy.

If you read together the bleak outlook and looming redundancy of Netflix and Facebook, the longevity of big tech surely is in question. It is clearer now that reinventing the wheel is not easy. One could take a moment from the digital echo chamber and touch real grass, wrote a commentator, while Musk's latest of tweets indicated his new set of employees better toe the new line.

The social tech bubble, seemingly bursting at the seams, is the greatest of marketing tools for a 'futuristic' entrepreneur like Musk, to reach far and wide corners of the globe without spending much on advertising. That said, it is only wise to familiarise a bit with the new head honcho.

The latest gem from Musk, the 'king of trolls', was a photo he posted just a week ago, of Bill Gates with a paunch, accompanying the tweet, 'in case you want to lose a *oner fast'.

The aforementioned is an instance of vapid, borderline uncouth posts from Musk over a period of time alongside the infamous 'pedo guy' reference to a diver who was assisting in the cave rescue of children in Thailand and the tweet wondering whether Bernie Sanders was alive after the latter stressing on taxing the rich.

Musk did not pay any income tax in 2018, a report said. Allegations of racial discrimination at Tesla factories in the US notwithstanding.

A churn is afoot in almost all spheres as was expected post pandemic as humans craved for change after being forced into submission by a coronavirus. Similarly, a shift in online discourse in the free market economy is underway while the world's richest man takes over a major and once-relatively-sane social platform.

Considering all that Twitter seemed to offer back in the late 2000s when it looked so refreshing amid puerile attempts at virtual socialising, which has now swallowed all social tech, and pushed the world of politics as we once knew it into a binary of ever polarising, hateful diatribe and marketing, the network was indeed one of the first pioneering and minimal online social media, 140 characters and all, that attracted those who sought a break from other fledgling networks.

In the dramatic realignment that will manifest post the Musk deal, Twitter shall essentially end up as the megaphone of the world's richest man, another commentator rightly observed. Twitter is now

the darbar of the newly crowned emperor and his subjects; there is no denying this fact however much the Twitterati may squirm and try to wriggle out of Musk's shadow cast on the discourse. One has the option to leave the network, of course.

This takeover is a mockery of whatever Twitter and its founders once stood for or were posturing to be champions of; the so-called virtual pillar of democracy was crushed by the weight of the whopping 44 billion-dollar deal.

Indeed, there were signs of what was coming. Let us not forget that this is a platform that almost annually allowed the name of the Mahatma's assassin trend, that too on the occasion of Gandhi Jayanthi — no questions asked or perpetrators brought to book thereafter, meanwhile free persons, elected representatives, journalists and human rights activists are detained on dubious charges yet to be proven in a court of law. The paradox of a Saudi prince's stake in Twitter apart.

One may also argue that how does it matter for India where the social platform has only just about 30 million users: it is in effect a marketing platform for individuals, especially politicians here and hardly a place that has anything to do with freedom of expression.

Since when did the uber rich become the guardians of democracy? Musk with his 88 million followers and his free speech absolutist pitch, is clearly seeking a personal advertising platform for his own products of the future which he has been ruthlessly working on. For him, the early onset of social media's midlife crisis was handy as he can save billions of dollars in advertising spends in the future and game the loopholes in tech regulation, especially in emerging economies. The European Union has already warned Musk that Twitter will have to adhere to the newly drafted digital laws in the region.

The fact is, it does not suffice for the richest man to be just rich. Now he wants your attention too to reiterate how stupendously rich he is.

Reinstatement of banned accounts or trolls, debate around censorship, all of that are just secondary. It is no surprise that the self-proclaimed omnipresent 'free speech absolutist' often appears in a supporting role in the ultra realistic Depp-Heard defamation trial drama underway elsewhere in the US.

Jabs for 6-12 yr-olds likely from next week

No clarity on price of vaccines; hospitals await directions from Centre, State

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TWEETS @sridharVMIRROR

As many parents are waiting to get their kids vaccinated against covid before schools resume for the next academic year, Health Minister Dr K Sudhakar said that the vaccination for the 6-12 age group may start next week.

"I have discussed this with the Primary and Secondary Education Minister BC Nagesh and also coordinating with various schools. Currently, the challenge is how to vaccinate kids as many schools are on vacation and students are off campus. However, we will find a way out and vaccinate kids on a mission mode," the minister said.

However, there is still no clarity on the price of vaccines. When the minister was asked if the kids will be given free vaccination, Sudhakar said he has no clarity yet and will wait for the Centre's guidelines.

In fact, many private hospitals are waiting for directions from both the Centre and State about kids's vaccination.

Dr Lini Balakrishnan, (Consultant – Paediatrician, Motherhood Hospitals, Sarjapur), said, "The Drugs Controller General of India (DCGI) has now granted restricted emergency use of Covaxin for kids aged between 6-12 years and Corbevax for children aged between 5-12 years. We can expect the approval for general use to come through hopefully in about 6 to 8 weeks from now."

Batting for early vaccination of kids, Dr Lakshmileela (Consultant - Paediatrician, Rainbow Children's Hospital) said as we are learning to live with covid-19, vaccination is the only way forward. "Vaccinating children is a priority to fight the further covid waves." In the US, the CDC recommends vaccination of all eligible age groups including children five and above. All ages above 12 should also receive a booster dose. This is recommended with the observation that efficacy and immunogenicity are as high as those in older individuals with rare adverse effects.

A child in the age group of 12-14 gets vaccinated against covid

Vaccinating kids a way to prevent more covid waves, keep severe illness at bay, say docs

"The risk of the multisystem inflammatory syndrome in children (MIS-C) following acute infection, the potential for other sequelae of SARS-CoV-2 infection, long covid and indirect effects on mental health and education, the risk of severe disease in children with underlying medical conditions, and the desire to prevent covid of any severity in children remain compelling reasons for vaccination of children," she said.

Not 'alarming' rise

On Friday, Karnataka reported 133 fresh cases including 127 from Bengaluru with zero casualties. The test positivity rate for the day was 1.16% and weekly positivity rate was 1.2%. On rising cases in Bengaluru, Sudhakar said there was no need to panic as the increase was a slight uptick and was not in alarming proportions. He said vaccination and wearing masks can help curb the spread of covid.

Online referral

The Department of Health and family welfare has introduced an online referral system (ORS) for shifting of patients from primary health care centres to higher health care facilities for secondary and tertiary treatment from June 1, 2022. Currently, the process involves manually filling out a form. From June 1, doctors and nodal officers identified at the facilities will have to start referring patients through https://arogya.karnataka.gov.in.

Pvt hospitals must set aside beds

BBMP's Special Commissioner (Health) Dr Thrilok Chandra held talks with represetnatives of private hospitals, resident welfare associations, trade unions, malls, hotels, cinema halls and other commercial establishments on Friday and issued advisories as a precaution against covid.

Private hospitals have been told to test all the Influenza like Illness (ILI) and Severe Acute Respiratory Illness (SARI) cases in the OPDs and in-patients for covid 19. The hospitals have been told to upload all testing details on ICMR portal with complete information. They have been instructed to send all positives with CT less than 30 for genomic sequencing.

During the meeting, reserving private hospital beds was also discussed, and it was reiterated that the earlier order from State government mandating 10% reservation still stands relevant, and hospitals may keep the same in the state of readiness. Private hospitals were told to immediately activate a real time bed availability portal for private hospital beds.

For cinema halls, malls, restaurants, hotels, trade unions and other commercial establishments, BBMP officials instructed them to ensure Covid appropriate behaviour (CAB) in commercial places. They were told to strictly enforce double dose vaccination for entry. Enforcement of wearing of masks and social distancing and temperature checks at entry points is mandatory along with testing and vaccination of all staff. Marshals have been asked to patrol business areas and conduct awareness initiatives.

Commercial spaces told to implement CAB, temperature testing, vax rules

Marshals on covid duty in city

For Resident Welfare Associations, BBMP officials asked for awareness initiatives regarding precautionary dose coverage and paediatric vaccination. Camps will be organised at RWAs to ensure 100% coverage across all age groups. Sewage samples shall be collected for genomic surveillance from large apartment complexes. A revised advisory for RWAs shall be released shortly. All primary contacts shall be tested. —BMB

This app can help you verify the purity of gold jewellery

We often are unsure about the quality of gold jewellery when we buy even though we buy from a reputed or trusted jeweller. To help gold buyers, the Bureau of Indian Standards (BIS) has created a smartphone application called the 'BIS Care App' to track all ISI and hallmark-certified gold and silver jewellery. This app allows customers to verify the purity of hallmarked gold jewellery in real time.

According to the website, "BIS is the National Standard Body of India established under the BIS Act 2016 for the harmonious development of the activities of standardization, marking and quality certification of goods and for matters connected therewith or incidental thereto."

The government revised the hallmarking signs for gold jewellery from July 1, 2021. Following the revision, hallmarked gold jewellery will have three symbols (instead of four-five earlier). These are: Bureau of Indian Standards (BIS) hallmark, purity/fineness grade and 6-digit alphanumeric code (HUID number).

BENEFITS AND FEATURES OF BIS APP

Here is a look at the features and benefits of using the BIS app, according to its official BIS app details page on google play store

- You can file your grievances or complaints using the app's 'Complaints' feature on issues such as poor or sub-standard quality of marked products, misuse of our marks, false promises of quality, or a gap in our services.
- BIS app can check the authenticity of ISI, Hallmark, and CRS Registration markings on any item or product.
- Simply select the sort of complaint you wish to register through a simple user registration or OTP-based login, fill out the specifics of the complaint, preferably with evidence, through well-designed and straightforward forms, and submit.
- Enter the licence number/HUID number/Registration number found on the product or item to obtain all relevant information, such as the manufacturer's name and address, the licence or registration's validity.
- Get a complaint number and an acknowledgement of your complaint sent to your phone number and email address for future reference.
- The authenticity of commodities, licences, registrations, and hallmarks can all be verified.
- If the goods' licence, registration, or hallmark number are incorrect, the client can file a complaint right away.
- ISI can file complaints about trademark infringement and hallmark infringement.
- You can also file a complaint concerning registration marks, deceptive advertising, and other BIS-related issues.
- The customer will receive information on how to make a complaint right away using the app.

What is HUID number

The Hallmark Unique Identification (HUID) number is a six-digit Alphanumeric code made up of letters and digits, according to the Department of Consumer Affairs website. At the time of hallmarking, each piece of jewellery will be assigned a HUID number, which will be unique. The jewellery is hand stamped with the unique number at the Assaying & Hallmarking centre.

How to download BIS Care App

Step 1: Search and install the BIS Care app
Step 2: Open BIS Care when it has been downloaded.
Step 3: Enter your name, phone number, and email address
Step 4: Confirm your phone number and email address with an OTP.

How to use the App

According to a tweet on the BIS's official Twitter account, one can check authenticity of hallmarked jewellery by using 'verify HUID' feature on the BIS Care App.

After installing the app, buyers should check the "check licencing details" section to ensure the legality of ISI-branded products. If it was for hallmarked jewellery, they should go to the "verify HUID" section.

–Sneha Kulkarni, ET Online

Nelamangala, nerve centre of development

Many buying properties here to get easy access to the airport and other areas of the city

Nelamangala is turning out to be the nerve centre of infrastructure development. Many roads connecting Nelamangala are now turning prime properties for realty development.

One of the important roads that holds the key for future development is Nelamangala-Rajanakunte Road via Railway Gollahalli. This road has been marked as one of the alternative roads to Kempegowda International Airport. Hence, many entrepreneurs are setting up their companies here while many are buying properties here to get easy access to the airport and other areas of the city.

Currently, the Karnataka Road Development Corporation (KRDCL) is constructing an alternative road to Kempegowda International Airport (KIA) from Nelamangala.

The roads connect to signal-free bypass to Kempegowda International Airport from other districts of the state. The 39-km stretch starts from Nelamangala and passes Kodipalya, Rajanukunte and KIA. The project is taken up at a cost of Rs.310 crore budget. Once it is completed, it will help people travelling from Hassan, Tumakuru and from other districts of the State.

Property buyers at Nelamangala can also hop onto local trains soon. The suburban train corridors are spread from Kengeri to Whitefield, KSR Bengaluru railway station to Devanahalli (via Yeshwanthpur), Chikkabanavara to Baiyyappanahalli and Heelalige to Rajanukunte.

There will be a total of 57 stations. The trains will have air-conditioned coaches. There will be many junctions where the sub-urban trains will have common/adjacent stations with railways and Metro. In fact, there will be 23 stations that will have connections with sub-urban trains and Railways and five stations that will connect one sub-urban corridor to another and 11 Metro stations will have connections with sub-urban trains.

— Prakash VL

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Why homebuyers prefer newly launched projects

Newly launched homes are back in demand after a prolonged period wherein the demand spotlight shone mainly on ready-to-move-in units. While end-users continue to drive the housing market and ready or soon-to-be-completed homes are still in the highest demand, new launches are finding takers again. Latest Anarock Research shows that out of the total 2.37 lakh homes sold in 2021 across the top seven cities, over 34 per cent were newly launched units.

In 2019, the sales share of newly launched homes was lower. Of approx. 2.61 lakh homes sold in 2019, newly launched homes accounted for approx. 26 per cent. In 2020, of 1.38 lakh units sold in the top seven cities, 28 per cent were launched during the year.

Anuj Puri, chairman, Anarock Group, says, "End-users with a preference for ready-to-move-in or almost-complete homes continue to rule the roost. However, the demand scale is shifting gradually. Among other things, the increased sales share of newly launched homes heralds the revival of investor interest. Over the last three-four years, investors had more or less exited the residential real estate stage and were focusing on other asset classes."

He adds, "Also, well-capitalised branded developers with a reputation to protect have been ramping up their market share of new launches. Buyers are confident of such players' ability to complete their projects on time. In 2021, of 2.37 lakh new units launched in the top seven cities, the share ratio of branded vs. non-branded developers was 58:42; in 2015, the ratio was 41:59."

Times Property

'Budget of homebuyers becoming flexible'

The economic growth is fuelling the purchasing power of homebuyers and the potential to afford flexible EMIs seems to be picking-up.

This has fuelled home sales in India, which are at present highest in the last seven years.

The 66 per cent young population below the age of 35 years are also emerging as young millennial borrowers of home loans. The home loans market is driven by young borrowers within the age group of 26-35 years - about 25 per cent, and also by people in the age group of 36-45 years - about 28 per cent. These are all active home loan borrowers and jointly account for 53 per cent of annual originations.

The average ticket size of home loan of young borrowers has also continued to increase

over the last five years - with a CAGR of 6.2 per cent - and the ticket size continues to increase more for women than men.

The cumulative active home-loan base of these borrowers has continuously grown over the last three years at a CAGR of 3.5 per cent.

The residential segment is constantly seeing increase in demand with eight major cities leading this trend. Both Anarock and PropTiger have reported significant increase in sales of homes and the trend is expected to continue in 2022.

As per a Knight Frank India report, the prices of homes are seeing an upward trend due to increase in demand. The demand is more for ready to move-in flats and especially that have that extra 0.5 accommodation.

Seeing the trend, the developers have lined up new launches and they are already up by 43 per cent in residential sector, Anarock has reported.

Pankaj Bansal, Director at M3M India, says, "Homebuyers are becoming flexible in their budgets for buying their choice of homes and also considering the payment options, timely possession and overall attractiveness of the project. It is true, homebuyers are preferring homes that have 0.5 extra space or half-bedroom or study-room space as you may call it." IANS

3 reasons to change home loan provider

In order to save some money, don't hurriedly jump the ship. Here are the ideal situations in which changing your loan provider would actually make financial sense

| Ratan Chaudhary
TWEETS @BangaloreMirror

A home loan balance transfer means changing your lender and moving to a new lender who is giving you either a better interest rate or better terms and conditions. With the interest rates at a decadal low, many existing home loan borrowers are often tempted to make the switch.

With a hike in home loan rates on the horizon, many may just take the leap in a hurry, so as to not miss the window. However, that is a wrong approach and can land you in a financial soup. Here are the ideal situations in which shifting your home loan lender makes better sense.

Opt for home loan balance transfer

IF YOU HAVE IMPROVED YOUR CREDIT RATING

The home loan interest rates linked to external benchmarks or the MCLR regime, are a sum of the underlying external benchmark such as Repo Rate. The practice of risk-based pricing has led many lenders to charge lower spread or Credit Risk Premium (CRP) from applicants with better credit profiles. Some of the factors considered while fixing the spread and/or credit risk premium include the applicants' credit score, occupation profile, monthly income and employer's profile (in case of salaried applicants). Thus, existing borrowers, who have availed home loans at higher spread/ CRP but are now eligible for lower rates due to their improved credit profiles, can exercise home loan balance transfer.

IF YOU ARE STILL IN THE INITIAL PART OF YOUR LOAN TENURE

Home loan EMIs are a sum of the principal and interest components. EMI during the initial years of the loan tenure consists primarily of the interest component. As the tenure progresses, the proportion of the interest component is steadily replaced by the principal component. Thus, opting for a transfer during the initial stages of the loan tenure would lead to higher savings in the interest cost.

However, keep in mind that the loan tenure opted for the transferred home loan should be the same as the residual tenure of the original home loan. As longer loan tenure increases the overall interest cost for the borrower, blunting the primary reason of making the shift. Opt for a longer tenure only if you wish to reduce your EMI burden. Such borrowers should aim at making prepayments later to reduce the overall interest cost.

IF CURRENT LENDER REFUSES TO SANCTION TOP-UP HOME LOAN

Top-up home loans are offered to existing borrowers with satisfactory repayment history. This loan facility does not have any end usage restriction and is usually offered at much lower interest rates than other alternatives such as personal loans, loan against securities etc. Some lenders try to incentivise home loan balance transfer options by offering top-up home loans.

Thus, existing borrowers unable to avail home loan top-up facility from their current lenders or are being charged higher interest rates for top-up loans can transfer their home loans to other lenders and simultaneously avail top-up home loans.

The author is the head of home loans at Paisabazaar.com. The views of the author in this article are personal
Source: Times Property

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I, MITHUN RAJ CHELAKKOTE S/o RAJAN CHOLAKOTIL residing at No.26 Rajasree (H), 3rd Main, Vijayalakshmi Layout, Bagalagunte, Bangalore 560073 have changed my name to MITHUN RAJ CHOLAKOTIL vide affidavit dated 29.04.2022 sworn before notary B V Nagabhushana, Bangalore.

I, Vipul Bhayalalbhai Makwana S/O, Bhayalalbhai Jivraj Makwana R/o House 68, 2nd Main ,concorde Garden City,rr Nagar, Bangalore - 560059 have changed my name to Vipul Bhaylalbhai Makvana for all purposes.

I R.Manju S/O G.Rajagopal R/o. # 21,Noah Villa,No.74, Kammanahalli Main Road (Above Shree Ganesh Juice Shop) St Thomas town post, Bangalore -560084, Have changed my name to R.Anthony Kumar

I Rajeshwari W/o. Anthony Kumar R/o. #21, Noah Villa No. 74, Kammanahalli Main Road (Above Shree Ganesh Juice Shop) St. Thomas town post, Bangalore - 560084, have changed my name to Regina Mary

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MOSQUITO BYTES

Health, family welfare dept will breed fish in primary healthcare centres of Mysuru district to prevent Malaria

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TWEETS @BangaloreMirror

The health and family welfare department has decided to use baby fish to control the spread of mosquitoes. It has planned to breed Guppy (Poecilia Reticulata) and Gambusia in all the primary healthcare centres of Mysuru district. The fish will eat the mosquitoes and prevent them from causing Malaria. The building of tanks is almost complete and by the end of May the plan is expected to be fully implemented all over the district.

Tanks have been built in 146 primary healthcare centres in the district. This means 90 per cent of the lot is complete. Before May 15, the construction of tanks in all the locations will be completed. In June, a special programme will he planned for this. The district administration is gearing up to completely eradicate Malaria in the district.

These fish are not abundantly available. The staff collects them from lakes and other places and breed them in the tanks. The fish will be kept in the tanks where the number of mosquitoes is high.

District vector-borne diseases control officer Dr S Chidambara said, "When a Malaria case is found, we will collect the blood samples and also fog to control the spread of the disease. But the use of fish is an effective way that will deal with the disease at the source".

The fish will eat the mosquitoes and control the spread of the disease at the source, it is hoped

> **"The use of fish is an effective way that will deal with the disease at the source**
> – Dr S Chidambara, district vector-borne diseases control officer

Meanwhile, the state health department has decided to take it as a challenge to make Karnataka Malaria free by 2027, three years before the Union government target of 2030. Recently, health minister Dr K Sudhakar said hygiene and cleanliness hold the key to prevent Malaria.

"The Union government has a target of making India Malaria free by 2030 and already, 10 districts in Karnataka have not seen even a single Malaria case in the past three years, '' he said.

Further he credited the health department officials, staff and ASHA workers. He also appreciated ASHA workers for their work to create awareness regarding the disease in rural areas.

Sudhakar said symptoms of Malaria include fever, sweating, chills, bodyache, vomiting and diorrhea. The easiest way to detect Malaria is to get a blood test which is available in all primary healthcare centres, government taluk hospitals and government district hospitals, he said.

Sudhakar also stated that the most number of Malaria cases in Karnataka are currently seen in Udupi and Dakshina Karnataka districts and research is underway to understand the reason for this.

Re-exams for PSIs, main accused held

Karnataka Home Minister Araga Jnanendra on Friday said the State government has decided to annul the alleged scam-tainted examination that was held to recruit 545 police sub-inspectors in the State and hold re-exams, while announcing the arrest of the main accused and other suspects in Pune.

Assuring a fair probe and strict punishment to those involved in the alleged scam, he said the government is also thinking of bringing stricter laws to control such malpractices.

More than 100 who were selected for PSI posts gathered outside Press Club in Bengaluru on Friday

"The main accused in the police recruitment exam scam Divya Hagaragi, along with the others, including Saddam (driver), Suresh and Kalidas (assistants) and Sunanda (worker), have been taken into custody in Pune. They are being inquired and brought to Karnataka," Jnanendra said.

He said it is clear that malpractices have taken place at several centres, even in Bengaluru. In this backdrop after discussions, the government decided to annul the exams and hold re-exams, he said.

"Excluding the accused who had taken the exam, the others out of the total 54,289 people who had appeared for the exam will be given an opportunity to take the re-exam," he added.

The Criminal Investigation Department (CID) of the police, probing into the case, has brought Divya Hagaragi, who was said to be associated with the BJP, to Kalaburagi.

Hagaragi was allegedly involved in rigging the recruitment and a written examination was held in October last. Following allegations of irregularities in the test, the government ordered the CID probe.

The alleged irregularities are said to have taken place at Jnana Jyothi English Medium School in Kalaburagi run by Hagaragi, who with her associates, were at large for the past 18 days after the scam came to light.

A political slugfest also broke out between the ruling BJP and opposition Congress over the delay in Hagaragi's arrest and her alleged links with senior political leaders, also CID issuing a notice to Congress MLA and former Minister Priyank Kharge to appear with evidence to aid the ongoing investigation into the scam.

Stating that jobs for money cannot continue, the Home Minister said such malpractices are taking place in exams for recruitment and it is distressing.

"The government is thinking about bringing stricter laws aimed at protecting the interest of those who genuinely prepare and appear for exams, and to punish those who indulge in malpractices," he added.

The Minister, in response to a question, said there were too many exam centres, which would be reduced, and re-exams held at bigger centres where jammers and new technologies could be used to stop malpractices. –PTI

Cabinet rejig talks when Shah visits on May 3

Union Home Minister Amit Shah is likely to visit Bengaluru on May 3 ahead of the likely cabinet expansion in the state.

Chief Minister Basavaraj Bommai on Friday said he would discuss inducting new faces with Union Home Minister Amit Shah.

"Amit Shah is likely to visit Bengaluru on May 3 and I would try to use the opportunity to seek an audience to discuss cabinet expansion," Bommai said today.

Speaking to reporters after attending the programme to launch the new products of JS Group of companies, he said, "I am heading to Delhi today evening to attend the conference of Chief Ministers and Chief Justices of all States. I have not discussed cabinet expansion with the party top brass. The party leadership will take the decision at an appropriate time." –ANI

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BENGALURU SPEAKS

and gets heard on this page

STORYBEHINDTHEPHOTO

LIKE A SUNFLOWER

If you look carefully, nature is designed to have shapes which can be expressed by precise mathematical expressions. One example is the sunflower. Its number of petals and seeds are governed by a mathematical series given by the 12th century Italian mathematician Fibonacci. The flower in the photo has 34 petals. A smaller flower will have 21 and a bigger flower 55 petals. These are Fibonacci numbers.

The picture was clicked by reader
P Suryanarayana

If you have a picture and a story to share, send us the picture with your name and number at **mybangaloremirror@timesgroup.com**

Save Cubbon Park from the litterbugs, please

The park is a dustbowl and trash is strewn everywhere

Shreyashi Mukherjee
mybangaloremirror
@timesgroup.com
TWEETS @BangaloreMIRROR

Visitors want authorities to improve surveillance and impose fines

Cubbon Park, also referred to as the lungs of the city, has gone through many changes over the years, and activists and citizens have done their bit to protect the green space. Now, rampant disposing of garbage unchecked by authorities is threatening the park's pristine beauty, and Bengalureans want authorities to be more vigilant.

The residents say that Cubbon Park is one of the few places which offers a respite from the pollution and dust-filled air of Bengaluru. However, this too is changing as the rubble and dust is gradually ruining the beauty of the place, lament walkers. They add that the authorities are also not doing anything to improve the situation.

Antony Joseph, a visitor from Belarus, who was visiting the park, noticed the waste dumped in random places. "It is extremely sad to see the beauty of a city get ruined because of dirt like this. The park is for people to enjoy nature and its beauty. The dust completely ruins the ambience of the park."

Mohan Raghavan, a resident of Bengaluru, who frequents Cubbon Park, said that the city is a beautiful place to live in. "I have grown up here. The parks add to the beauty of the place, and it is extremely sad to see it being ruined by dirt that is spread because of the sheer irresponsibility of people." The residents say that the people who visit the park are also to be blamed for the dirt piling up in the park while the nonchalance of the authorities has only emboldened them.

"The people who are responsible for the maintenance of the park should start fining people for littering the place. They should also impose punishments for the people who cannot keep the park premises clean. If no strict steps are taken by the authorities, the people will continue to make the place dirty," said a visitor.

Bengalureans reminisce about the olden days when the park was devoid of any plastic and paper. "In those days, the park used to look so pristine. Now, gradually even the green spaces are getting polluted. If no strict step is taken by the authorities, and if people are not educated about the importance of keeping the park premises clean, then no one can stop the entire city from becoming a black spot," said another visitor.

DID YOU KNOW?

Many know that Carlton House, a colonial landmark in Bengaluru now houses the Criminal Investigation Department. But did you know that this heritage site was built in 1880 as a residence by an English auctioneer named Carlton?
Later, the European-style stone structure served as the office of Sir Mirza Ismail, then Dewan of Mysore. Carlton House was also the headquarters of Bangalore University when writer VK Gokak was its vice-chancellor, before the university shifted to the Jnanabharathi campus. Located off Palace Road, Carlton House is now more than 140 years old, and the sprawling space boasts of coconut trees and a very colonial-era vibe.

GET HEARD WITH MIRROR

9591233247

Let's see how much you know about Namma Bengaluru, folks. Tell us something incredible and mind-boggling about this beautiful city and our editors and researchers will check it out. If it's credible, we'll give it a shout-out, with your name and picture.

TAPTHECHATTER

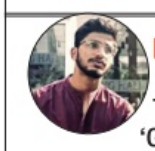
where Bengalureans speak their mind

What is that one thing that you miss about old Bengaluru that is now missing from the city?

Aditya Kamble, UG student
The one thing that I miss about old Bengaluru is that there is no old race course any more. Many old and small provision stores have decreased in number and double deckers, two-bogie buses are rarely seen.

Veena Raj, Homemaker
Kids were sent to regular schools like government-run schools and private schools, where they followed the central syllabus or the state syllabus for their respective regions. In recent years, international schools have opened across Bengaluru where children are taught French before Kannada.

Nimisha V Raju
Officer, Standard Chartered Bank
When I was growing up, I loved going to the theatres with my father to catch up on the latest movies. We used to frequent a lot of different places like the Cauvery Theatre, the Rex Theatre and Plaza Theatre in Majestic. Now, most of these theatres have been replaced with multiplexes.



Nithin Kamath,
Stand-up comedian
Trees. Bengaluru went from 'Garden City' to 'Silicon City' in a matter of five years. Whenever my parents talk about how cool the breeze was in the 90s, I miss it. The breeze, the sparrows are missing with the increasing cars and bikes.

Venkatesh Raju
Fraud recovery specialist
The city has lost some of its core qualities and the rich cultural values are slowly fading away & peace of mind is lost. I believe the boom in the corporate sector and the recent pandemic contributed heavily to this change.

SPEAK TO US

Name a movie or two that are symbolic of the city and tell us why you think so

If you want to be featured in this section, mail us your answer to this question, in 25 words, with 'Tap The Chatter' in the subject line. Mail us with your name, occupation & a picture at mybangaloremirror@timesgroup.com or WhatsApp us on 9591233247

No one like her: Sam on Nayanthara

When a fan asked Samantha to say a few words on Nayanthara, she wrote, 'Nayanthara is Nayanthara. There is no one like her. She is real, fiercely loyal and one of the most hard working people I have met'

BangaloreMirror | 13
Saturday, April 30, 2022
mybangaloremirror@timesgroup.com
@BangaloreMirror
Entertainment Industry Promotion

Effortlessly stylish

Parineeti Chopra on her tryst with fashion statements

Parineeti Chopra was the showstopper for designer Vikram Phadnis at the Bombay Times Fashion Week opening night in Mumbai. ETimes caught up with the actress to record her reaction on the glamorous evening. While she's no stranger to fashion shows and showstopper moments, Parineeti did confess that being on the ramp after many years made her nervous.

She added, "I had butterflies in my stomach, because it's been a while since we did this. We aren't really used to seeing people walking around without masks and all. But having experienced this, it feels like I am back home. I was overseas up until a day ago, I landed in India and in 24 hours, Vikram managed to make all the clothes, finish all the fittings and we've even wrapped up the show. I don't know how this time passed us by, it was a breeze."

Revealing about her experience of carrying Vikram Phadnis' latest collection, she said, "I am feeling glam but so comfortable. My biggest nightmare is when clothes are uncomfortable because that shows on my face. But the moment I wore Vikram's creation I didn't want to wear anything else. Imagine you're wearing a pair of shorts and closing a high-fashion show. I can't imagine a better or easier thing to do. It's so Indian and it's got a beautiful colour."

Parineeti looked sensuous and super fit on the ramp. Talking about her fitness she said, "I actually ate a lot today, I ate a paratha today, because I needed the energy. I wanted to feel comfortable and energetic so that it would show on the ramp, too. Of course, I have been regularly working on my fitness and I am glad people are noticing it and saying good things."

ETimes asked Parineeti for fashion advice that would benefit young fashionistas and she said, "Stop following social media blindly. Every body is different, every model is different, every actor is different and only you know what looks good on you. Please choose clothes and style that suit you and not what you think will work for society. If you're comfortable it will show."

Now those are golden words that stem from real-life experience.

—ETimes

Tom Cruise unveils 'Top Gun' sequel with mid-air stunt

Tom Cruise unveiled the world-first screening of "Top Gun: Maverick" at CinemaCon in Las Vegas Thursday -- introducing the long-awaited sequel while balanced atop a flying bi-plane.

The new "Top Gun," which picks up the story of Maverick and his fighter pilot buddies some three decades after the blockbuster original, was scheduled to open in 2020 but was repeatedly delayed.

Cruise, famous for doing many of his own stunts, introduced the screening to the movie theater industry convention with a video message recorded in typically hair-raising style, perched on the moving plane's fuselage from the skies above South Africa.

"Hey everyone. Wish I could be there with you. I'm sorry for the extra noise," yelled 59-year-old Cruise over a roaring plane engine and high winds.

"As you can see, we are filming the latest installment of Mission: Impossible."

AFP

PVR
Forum Mall - Koramangala : 9.20 am, 12.30, 3.00, 6.50, 9.40 & 10.00 pm | Orion Mall - Whitefield : 9.20, am, 12.15, 2.50, 3.35, 6.30 & 9.30 pm | MSR Regalia : 9.10 am, 12.00, 3.25, 6.35 & 9.45 pm | Phoenix Market City : 9.00 am, 12.05, 3.15, 4.15, 6.40 & 9.30 pm | Spirit Mall : 9.10 am, 3.35, 6.50 & 9.40 pm | Arena Mall : 9.10, 11.45 am, 3.25, 6.35 & 9.45 pm | GT World : 12.15, 3.55 & 6.30 pm | Aura Mall : 3.25 & 10.00 pm | VR Mall : 9.30, 11.35 am 12.35, 3.45, 5.50, 6.50 & 10.00 pm | Vaishanvi Mall : 9.10, 11.00 am, 3.25, 6.35 & 9.30 pm | Vega City Mall : 9.00, 11.55 am, 3.15, 6.25, 9.00 & 9.45 pm | Orion Uptown mall : 9.10, 11.35 am 3.25 & 10.00 pm | Forum Mall - Mysore : 12.05, 3.40, 6.50 & 10.00 pm | Garuda Mall - Mysore : 12.25, 6.30 & 9.50 pm | Forum Fiza Mall - Mangalore : 10.00 am, 3.10, 6.50 & 9.45 pm.

Cinépolis
Orion East Mall - Whitefield 9.15 am, 12.25, 3.35, 6.45 & 9.45 pm | ETA Namma Mall - Binneypet : 9.15 am, 12.25, 3.20, 3.35, 6.45 & 9.55 pm | Royal Meenakshi Mall - Bannergatta Road : 12.00, 3.10, 6.20 & 9.30 pm | Forum Shantiniketan : 9.10 am, 12.20, 3.30, 6.40, 8.35 & 9.50 pm | Fun Cinema : 8.40 am, 3.00, 5.25 & 9.40 pm | SJR Central Mall : 9.20 am, 12.30, 2.20, 3.40, 6.50 & 10.00 pm | City Centre Mall - Mangalore : 11.00 am, 2.10, 5.20 & 8.30 pm.

INOX
Brookfield : 9.00 am, 3.30 & 9.50 pm | Garuda Mall - Magrath Road : 9.30 am, 12.35 & 3.50, 6.40 & 9.40 pm | Mantri Square Mall : 9.45 am, 12.45, 6.45 & 9.50 pm | Central Mall - JP Nagar 9.30 am, 3.20 & 9.50 pm | Forum Neighbourhood Mall : 9.10 am, 3.20, 6.50 & 9.30 pm | Lido - Ulsoor : 9.30 am, 3.40 & 9.50 pm | Central Mall - Manipal : 9.25 am, 3.30 & 9.50 pm | RMZ Mall - Yalahanka : 9.30 am, 12.10, 3.40 & 9.50 pm | SBR Horizon : 9.15 am, 3.30, 6.40 & 10.00 pm | S Mall - Tumkur : 9.30 am, 12.25, 3.40 & 9.50 pm | Satyam - Mysore : 9.45 am, 3.50 & 10.00 pm | Garuda Swagat Mall - Jayanagar : 3.30 & 9.5 pm | Garuda - Yalahanka : 9.45 am, 3.40 & 9.50 pm.

GOPALAN CINEMAS
Innovation Mall - Bannerghattha Road : 10.30 am, 4.15 & 9.45 pm | Grand Mall - C V Raman Nagar : 12.30, 3.45 & 7.15 pm | Signature | ARCH Mall : 1.15 & 9.45 pm | Legacy : 9.45 am, 12.45, 4.15, 7.15 & 10.00 pm.

INNOVATIVE MULTIPLEX 9.45, 12.45, 3.45, 5.45 & 9.30 pm

ROCKLINE CINEMAS Jalahalli Cross 11.00 am, 3.30, 9.30 pm.

DRC CINEMA [Mysore : 9.55 am, 6.30 pm], VISION [Mysore : 1.00, 4.00, 7.00 & 9.45 pm], CINE GALAXY NOVA [Surathkal : 12.45 & 7.00 pm], MOVIE TIME [Devangere : 1.00 & 10.30 pm], BHARATH CINEMA [Manipal : 1.00, 4.15, 7.00 & 10.00 pm], BHARAT CINEMA [Kundapura : 11.00 am, 4.15 & 7.00 pm], BHARATH CINEMA [Shimoga : 10.45 am, 1.45 & 7.15 pm], BHARATH CINEMA [Mangalore : 1.45, 4.30 & 7.15 pm], MOVIE TIME [Davangere], SHARADA [SP Road : 10.30 am, 1.30, 4.30 & 7.30], SRINIVASA [Tavarekere : 10.00 am, 1.00 & 7.00 pm], MANJUNATHA [Shimoga : 11.00 am, 2.00 6.00 & 9.00 pm], RR MULTIPLEX [Bellary : 11.00 am, 2.00, 5.00 & 8.00 pm], ASC CHOPRA CENTRE [Bangalore] and other cinemas.

PARAS

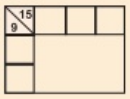
PVR CINEMAS {Phoenix Market City, 9:00, 12:10, 6:25, 9:50 p.m. | Forum Mall, 8:55, 11:40, 12:00, 3:45, 6:40, 9:50 p.m. | Arena Mall, 12:20, 3:35, 6:40, 9:45 p.m. | Orion Mall, 9:10, 12:15, 3:25, 6:40, 10:00 p.m. | Orion Uptown Mall, 12:20, 3:15, 6:35 p.m. | MSR Regalia Mall, 12:20, 3:50, 6:55, 10:00 p.m. | Spirit Mall, 9:05, 12:10, 3:45, 6:35 p.m. | VR Mall, 6:55, 12:40, 2:45, 3:45, 9:00, 10:00 p.m. | Vaishnavi Saphire Mall, 12:20, 3:25, 6:45, 9:45 p.m. | Superplex Vegacity Mall, 9:10, 11:10, 12:10, 3:35, 6:25, 9:35 p.m. | The Cinema @ GT Mall, Magadi Road, 9:10, 3:25, 9:45 p.m. | The Aura, Whitefield, 12:20, 6:35 p.m.} | INOX {Garuda Mall, 9:45, 12:25, 3:35, 7:00, 10:00 p.m. | Swagath Mall, 9:40 a.m., 7:00 p.m. | Central Mall, JP Nagar, 9:10, 3:40, 6:35 p.m. | Lido, 12:40, 6:50, 9:40 p.m. | Forum Value Mall, 9:00, 12:20, 6:30, 9:55 p.m. | Mantri Mall, 9:40, 12:45, 7:00, 9:40 p.m. | Brookefield Mall, 12:30, 3:40, 6:40 p.m. | SBR Horizon, Seegehalli, 9:05, 12:00, 6:40, 9:40 p.m. | Garuda, Yelahanka, 9:25, 3:20, 6:50 p.m. | Galleria Mall, RMZ Yelahanka, 9:20, 12:40, 6:50, 9:30 p.m.} | CINEPOLIS {Royal Meenakshi Mall, 10:50, 1:55, 5:00, 8:05 p.m. | ETA Mall, Binny Mill, 9:30, 12:35, 3:40, 6:45, 9:50 p.m. | East Orion Mall, 9:40, 12:45, 6:45, 9:50 p.m. | Shantiniketan, 9:30, 11:30, 12:35, 3:40, 6:45, 9:50 p.m. | SJR Spectrum Mall, 9:30, 12:35, 3:40, 6:45, 9:50 p.m. | Sigma Mall, 11:15, 2:20, 8:35 p.m.} | ROCKLINE MALL {1:15, 6:35 p.m.} | GOPALAN {Innovation Mall, 12:30, 7:15, 9:45 p.m. | Arcade Mall, 4:45 p.m. | Signature Mall, 10:30 a.m., 7:00 p.m. | Grand Mall, 12:15, 4:30, 9:45 p.m. | Legacy Mall, 10:15, 1:15, 4:45, 9:30 p.m.} | INNOVATIVE MULTIPLEX {Marathahalli, 9:15, 3:15, 6:45, 8:45 p.m.} | KINO CINEMAS {Seegehalli Road, 11:40 a.m., 6:10 p.m.} | MUKTA A2 CINEMAS {Uttarahalli} | LAKSHMI THEATRE {Tavarekere, 1:00, 4:00, 10:00 p.m.} | ANAND THEATRE {Tanny Road, 4 Shows} | ABHINAY THEATRE {K G Road, 4 Shows} | SANTOSH THEATRE {RPC Layout, 3 Shows} | SHOBHA THEATRE {Bapujinagar, 4 Shows} | VEERESHA MINI {1 Show} | MARUTHI THEATRE {Rajagopalanagar, 2 Shows} | VINAYAKA THETRE {Harinagar, 2 Shows} | SOBAGU (VISHNUSRI) THEATRE {Doddaballapura, 3 Shows} | PRABHATH THEATRE {Kolar, 2 Shows} | JAYALAKSHMI THEATRE {Mulubagilu, 2 Shows} | BHARATH CINEMAS {Mangalore, 10:45, 1:30, 4:15, 7:00, 10:00 p.m. | Manipal, 10:00, 4:00, 10:00 p.m. | Shivamoga, 1:00, 4:30, 10:00 p.m. | Kundapura, 10:45, 7:15, 10:00 p.m.} | DRC CINEMAS {Mysore, 1:00, 7:00 p.m.} | MYSORE VISION CINEMAS {Myosre, 11:00, 4:00, 6:30 p.m.} | THIBBADEVI THEATRE {Mysore, 4 Shows} | SRI BALAJI DELUXE THEATRE {Mysore, 4 Shows} | CINEPOLIS {City Centre Mall, Mangalore, 10:45, 5:10, 8:15 p.m.} | PVR CINEMAS {Fiza Mall, Mangalore, 12:05, 3:20, 10:00 p.m. | Forum Mall, Mysore, 9:55, 12:35, 6:40, 9:45 p.m. | Garuda Mall, Mysore, 12:10, 3:15, 6:55 p.m.} | INOX {Central, Manipal, 9:00, 12:40, 6:45 p.m. | Satyam Mall, Mysore, 9:40, 12:50, 7:00 p.m. | SS Mall, Tumkur, 9:35, 12:40, 6:50, 9:40 p.m.} | MOVIETIME {Davangere, 10:00 a.m., 4:00 p.m.} | TRINETRA THEATRE {Davangere, 4 Shows} | VENKATESHWARA THEATRE {Chitradurga, 2 Shows} | RR CINEMAS {Bellary, 4 Shows} | BALA THEATRE {Hospet, 4 Shows} | MYLARA CINEMA {Tumkur} | JAYALAKSHMI THEATRE {Mandya, 4 Shows} | SRI GURU THEATRE {Hassan, 4 Shows} | VEERABHADRESHWARA THEATRE {Shivamoga, 4 Shows} | CINE GALAXY NOVA CINEMAZ {Mangalore, 10:00, 4:15, 7:15 p.m.} | SRI LEKHA THEATARE {Chikkamagalur, 4 Shows} | DIANA THEATRE {Udupi, 4 Shows} | SRIKANTH THEATRE {Harihara, 4 Shows}.

FOR ANY CHANGES OR CANCELLATION IN SHOW TIMINGS, PLEASE CONTACT THE THEATRE

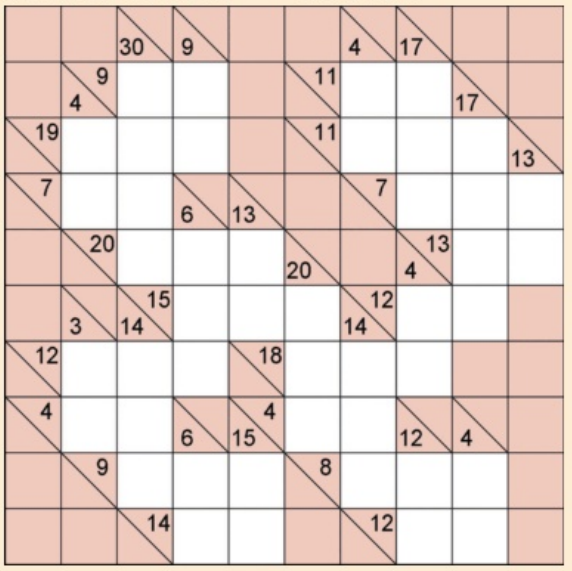
farnazfever

Kakuro

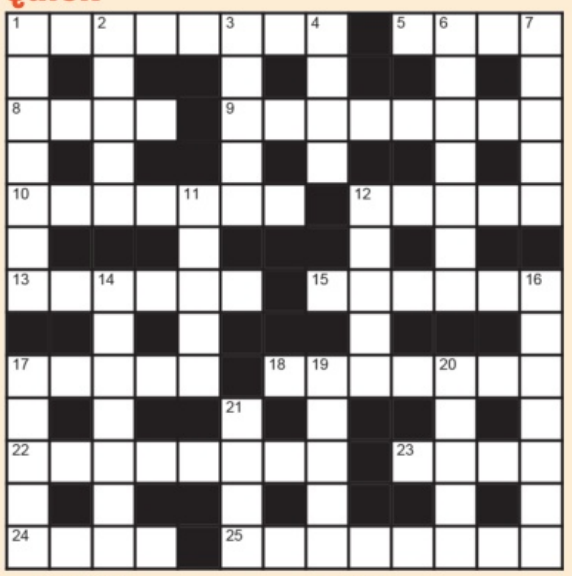
The numbers in the grey squares refer to the sums of the digits that you must fill into the empty spaces directly below or to the right of the grey square containing the number. For instance, in the given example, the 3 boxes horizontally next to 15 must contain 3 digits that add up to 15, whereas for 9, it is the 2 boxes placed vertically under it that must add up to 9. No zeros are used here, only the digits 1 through 9.



Note: A digit cannot appear more than once in any particular digit combination. For instance, in the example, we cannot have the combination of 4+7+4 for 15.



Quick



ACROSS

1 Surrounds or beleaguers (8)
5 Fussy one (4)
8 Sixty minutes (4)
9 Mining near the surface? (4-4)
10 Challenging, argumentative (7)
12 Cuts with an axe (5)
13 Cradle (6)
15 Made active or excited (6)
17 Pile up (5)
18 Social climber (7)
22 Capital of Finland (8)
23 Delicate or tender (4)
24 Waterside plant (4)
25 Performers or actors? (8)

DOWN

1 Jayachamaraja Wodeyar ____: Last king of Mysore and first Governor of Karnataka (7)
2 Powdered tobacco (5)
3 Matured, not infantile? (5)
4 Arctic transport (4)
6 Causes (7)
7 Doors or entrances (5)
11 States (5)
12 Blocks up or obstructs (5)
14 C in the NATO alphabet (7)
16 Throws away (7)
17 Detest (5)
19 Apply colour (5)
20 Watchful (5)
21 Peruvian Indian (4)

Quoteuncode

This puzzle is a substitution cipher in which one letter stands for another. If you think that Q equals C, it will equal C throughout the puzzle. Single letters, short words and words using an apostrophe give you clues to locating vowels. Solution is by trial and error.

Today's CLUE: W EQUALS T

PQIQS TQ VKFVXQB! WFQSQ'K KUXQ MFU'AA FUAB YW VJVY-PKW DUR, TRW WFQD'SQ PUW MUSWF TUWFQSYPJ MYWF.

Linemaro

Is there a magnet inside you?

Mindchow

If the music is too loud, you are too old

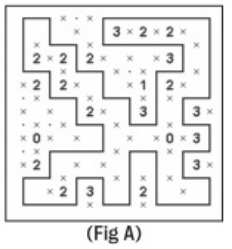
Joke of the day

The pessimist may be right in the long run, but the optimist has a better time during the trip

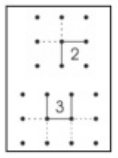
Loop

Rules

» Connect adjacent dots with vertical or horizontal lines, creating a single loop (Fig A). » Crossovers or branches are not allowed (As shown by dotted lines in Fig B). » Numbers in the puzzle indicate the number of lines that should surround it, while empty cells may be surrounded by any number of lines. » You can't draw lines around zeros. » Each puzzle has just one unique solution.



(Fig A)

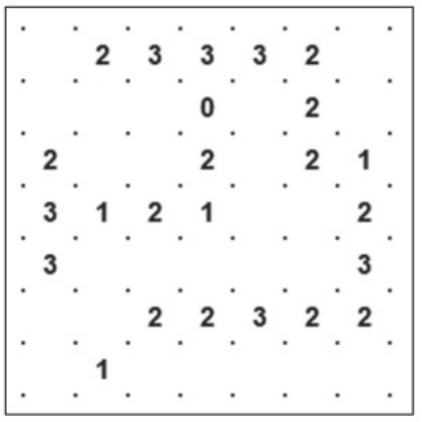


(Fig B) Not Allowed

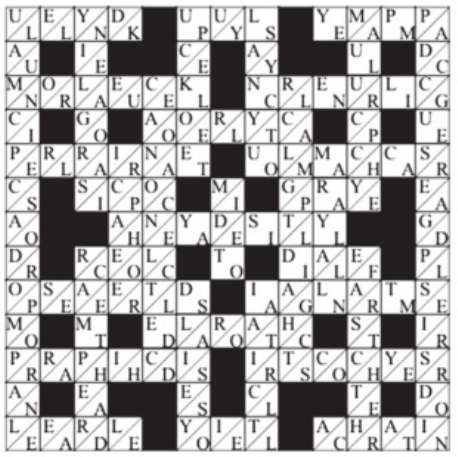
How to begin:

Example (Fig A) – Begin with the zero next to 3. Since no lines can be drawn around zero, mark crosses around it, as shown. Now there is a cross in one space around 3. So we know the three lines of 3 can only be drawn in the remaining three spaces. Next, these lines can only be extended in one direction each. Continue, using the same logic.

Hints: Keep eliminating possibilities by marking crosses in spaces between dots where a line isn't possible, i.e., if you have already completed required lines or where a line extension may create a branch or cause a dead-end (Fig B)



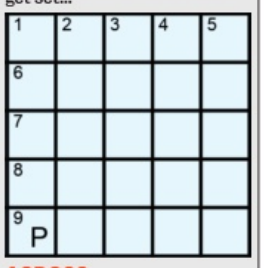
Strikeout



This crossword has no clues and the answer is there waiting for you. All you have to do is find it in each square. You have a choice of two letters, one of which you must strike out. If you choose correctly, you will be left with a grid that contains real words.

Fast five

How long do you think it will take you to unscramble the ten words shown below and fit them correctly into the grid in the order given one letter has already been entered to get you started? on your marks, get set...



ACROSS

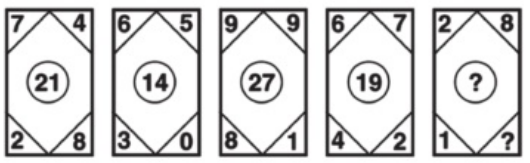
1 Shema; 6 Iliac;
7 Tra-la; 8 A home;
9 Up Rod

DOWN

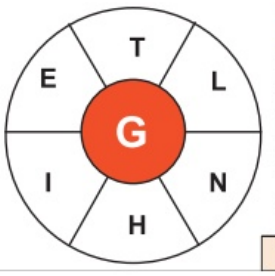
1 Camps; 2 R Hail;
3 Loath; 4 Ma IOU;
5 A deer

Mensapuzzle

What numbers go in the last square ?



Bull's eye



How many words of four or more letters can you make from the letters shown? Every word must contain the central letter. There should be one seven-letter word. British English Dictionary is used as a reference.

13 Average; 15 Good; 17 Outstanding

SudokuChallenge

		6	1				4	
				5			6	9
7		1				8		5
		3		1	9	4		
				2				
		2	5	6		7		
2		8				9		1
6	3			8				
	7				3	5		

To solve a Sudoku puzzle, every digit from one to nine must appear in each of the nine vertical columns, in each of the nine horizontal rows and in each of the nine boxes.

Gofigure

Place the four numbers in the first, third, fifth, and seventh boxes and whatever operators you care to use in the second, fourth, and sixth boxes in the correct order to get the answer. Use the numbers only once.

Easy = 26
5 5 8 8

Medium = 1
4 5 8 9

Hard = 28
3 8 9 3

Hocusfocus

Find at least six differences in details between panels.

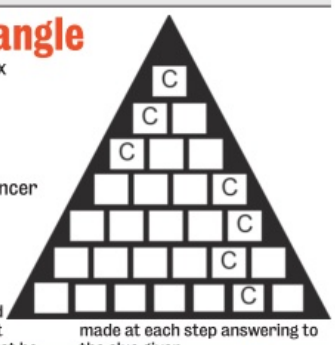
Differences: 1. Arm is lower. 2. Doll's leg is smaller. 3. Fence is longer. 4. Leg is moved. 5. Shutter is smaller. 6. Bush is missing.

Riddler

What number comes next in this series?
2 3 6 7 1 9 4 5 ___

Alpha triangle

1 Atomic number Six
2 Commanding Off.
3 Army bunk
4 Auditory
5 Theme
6 Science of light
7 Capricorn and Cancer



Beginning at the top move towards the bottom seven-letter word by adding a letter at each step and rearranging. A correct and different word must be made at each step answering to the clue given.

DIFFICULT TO SOLVE? FIND THESE SOLUTIONS ON THE NEXT PAGE

COMICS

Redeye by Mel Casson

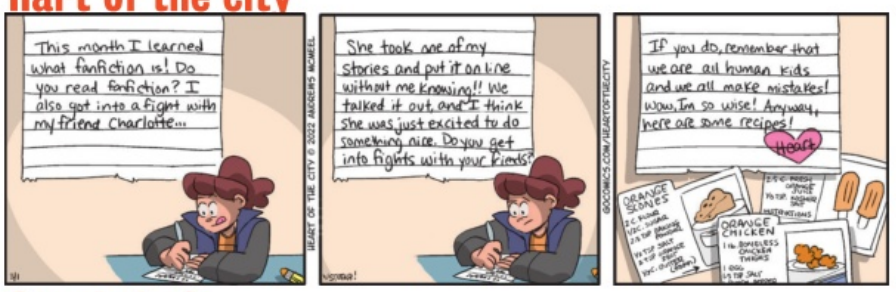
HOW DID YOU LIKE THE SOUP I MADE, GRANNY?
TOO MUCH ★@# SALT!
YOU HAVEN'T EVEN TASTED IT, SO HOW DO YOU KNOW IT'S TOO SALTY?
NOTICE THE SEA GULLS CIRCLING THE COOKING POT

Bizarrotrip

Diamond Lil

I JUST FINISHED READING "THE HISTORY OF ROAD CONSTRUCTION FLAGMEN"
HOW WAS IT?
SLOW GOING
IT ALSO HAD SOME PLOTHOLES!
www.creators.com

Hart of the city


This month I learned what fanfiction is! Do you read fanfiction? I also got into a fight with my friend Charlotte...
She took one of my stories and put it on fire without me knowing!! We talked it out, and I think she was just excited to do something nice. Do you get into fights with your friends?
If you do, remember that we are all human kids and we all make mistakes! Wow, I'm so wise! Anyway, here are some recipes!
heart

Crankshaft

Mutts

WHAT YOUR STARS SAY TODAY

Aries Mar 21 – Apr 20
You're blessed by the moon. New partnerships may give you benefits. Your energy levels may be high. Your hard work and enthusiasm may pay off in terms of financial gains. Self respect may protect you from negativity round you.

Taurus Apr 21 – May 20
You may meet old friends or be busy in social get togethers. You may be more excited today. New innovations may be there in business. You may get some unexpected material gains. Kids may give good news in terms of studies. Love birds may enjoy their quality moments.

Gemini May 21 – Jun 21
You are blessed by the moon. Small investments may give big profits. Your working efficiency may increase now. You are likely to succeed with less effort. You may hear good news in legal matters. You may have full control over your opponents and rivals.

Cancer Jun 22 – July 23
Today, you are blessed by the moon. You are likely to enjoy good profits from past investments. You may get rewards for your hard work. Your prestige may increase now. You may start new innovations in business. Disputes with the spouse may be resolved now.

Leo Jul 24 – Aug 23
Today, you may feel better and situations may be under control. Your network may help you on the work front. You may plan for overseas travel. This is a good time to boost domestic harmony and love life . Due to your creativity you may bring artefacts or creative stuff home. You may also plan to watch movies with friends or family.

Virgo Aug 24 – Sep 23
You may get tired due to overworking. It may make you lazy and careless. Be patient. If you are planning an adventurous tour, postpone it for a while. Past investments may convert to dead stock. Students must work hard.

Libra Sep 24 – Oct 22
Your creativity may be on a high. You may plan to renovate your house. You may buy some stuff to renovate it which may boost social status. Enjoy harmony with the spouse. Disputes with friends, coworkers and partners may get settled down. You may get good news in terms of litigations.

Scorpio Oct 23 – Nov 22
You will be glad and be able to maintain a balance between your earning and expenditure which will boost your finances. Your network will help you to implement your plans. Your siblings and subordinates will be more helpful. Plan to visit elders or a religious place.

Sagittarius Nov 23 – Dec 22
You may feel dull due to sleeplessness and lose focus on your goals. This may affect your efficiency. You may plan to visit to some religious place. By late evening, you may find out your mistakes and make a good plan for the next day. Take care of your parents' health.

Capricorn Dec 23 – Jan 20
Today, until late afternoon you may feel dull. This may reflect in your way of working. But with the help of elders' blessings, you may regain your speed. You may pay extra attention to your kid's health. You will be in a winning position against your enemies and opponents. Investors be careful while making difficult decisions. Stomach issues may make you upset.

Aquarius Jan 21 – Feb 19
Today, you may be happy at work. You may take important decisions by the end of the day, which will help you in the near future. You may plan a short trip also. Your subordinates may be cooperative. You may expect good news in terms of siblings' success. You may be in a winning position in legal matters also. Students may be more focused on targets.

Pisces Feb 20 – Mar 20
Today, your communication skills may help you on the professional front. You may be more polite with everyone around you, which may help you speed up your projects. Love birds may exchange views with each other, which may build the foundation of their relationship.

KIDZONE

Harshitha Puranik N G, 13 Years, Prarthana School

Mohammed Junaid A, 10 Years, Noble Saint English School

Kidzone, Bangalore Mirror, No.4, KSCCF Compound, Pampa Maha Kavi Road, Chamrajpet, Bengaluru 560 018; Please send hard copies of your artwork in A4 size only.

SOLUTIONS

SOLVE IN 1M
= (−16*1/4)(16)(16*1/4)
= (−4)(16)(4) = −256

BULL'S EYE eight, gent, gift, glen, glint, hinge, legit, length, light, tingle, LIGHTEN, ling, neigh, nigh, night, thing, tinge,

QUOTE UNCODE
Never be ashamed! There's some who'll hold it against you, but they're not worth bothering with.

RIDDLER
8. The numbers are in reverse alphabetical order. Two, three, six, seven, one, nine, four, five, eight.

FAST FIVE

S	H	A	M	E
	C	I	L	I	A
		A	L	T	A	R
		M	A	H	O	E
			P	R	O	U	D

STRIKE OUT

L	E	N	D		P	U	L		E	M	M	A		
A		I		E	A		U		C					
N	O	L	U	C	K		C	L	E	R	I	C		
C	G		A	O	R	T	A		P		U			
E	L	A	I	N	E		O	M	A	H	A	S		
C		I	C		I		P	R	Y		E			
O		H	E	A	D	I	L	Y			D			
R	C	O	L		O		I	A	F		P			
P	E	A	R	L	S		A	G	N	A	T	E		
O	M	E	A	R	T	H		T			R			
A		P	I	D	S		I	T	C	H	E	S		
R	A		S		L			E			S			
A		S		L		E					O			
N	E													

QUICK

B	E	S	I	E	G	E	S		P	R	I	G		
A		N		R		L		E				A		
H	O	U	R		O	P	E	N	C	A	S	T		
A		F		W		D			S			E		
D	E	F	I	A	N	T		C	H	O	P	S		
U		V						L		N				
R	O	C	K	E	R		R	O	U	S	E	D		
H		R				G					I			
A	M	A	S	S		U	P	S	T	A	R	T		
B		R		I		A				L		C		
O		I		N	C		N		R			E		
H	E	L	S	I	N	K	I		N	E	S	H		
I		T		C		H			E			A		
R	E	E	D		A	R	T	I	S	T	E	S		

MENSA PUZZLE
17 goes in the center circle, and 6 goes in the corner. multiply the top 2 numbers. That results in a 2-digit number. Put that number into the 2 bottom corners, one digit per corner. The center number in each square is the sum of the 4 corners.

SUDOKU

5	8	6	1	9	2	3	4	7
3	2	4	8	5	7	1	6	9
7	9	1	4	3	6	8	2	5
8	6	3	7	1	9	4	5	2
9	5	7	3	2	4	6	1	8
4	1	2	5	6	8	7	9	3
2	4	8	6	7	5	9	3	1
6	3	5	9	8	1	2	7	4
1	7	9	2	4	3	5	8	6

GO FIGURE
Easy
5 + 5 + 8 + 8 = 26
8 – 9 x 4 + 5 = 1
Medium
9 + 3 x 3 – 8 = 28
Hard

ALPHA TRIANGLE
C, CO, Cot, Otic, topic, Optics, Tropics.

LOOP

KAKURO

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HEALTH TIP: Apples are high in soluble fibre, which we need to support a healthy digestive system

Daily prune consumption can prevent bone loss at the hip and protect against increased fracture risk in postmenopausal women

BangaloreMirror | 16
Saturday, April 30, 2022
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What women want

Is certainly not dating advice. Women need safety in relationships

Therapy-speak" advice on relationships and dating is widely available outside of the psychotherapist's office. Much of this advice places responsibility on women for managing their emotional reactions to problematic dating and relationship experiences.

The advice women are given about dating, relationships, and finding love largely falls into three categories.

How to not attract emotionally unavailable men

Instagram is full of relationship advice that tells women to take responsibility for their "healing". It advises them on attachment styles, co-dependency, and emotional wounds, as well as how to deal with avoidant and narcissistic partners. Such advice varies in quality from patronising and exploitative, to nuanced and compassionate. Some of this advice is helpful, much of it is not.

One example that falls in the latter category is the cliché that in order to find love, you must first love yourself. Psychiatrist and trauma expert, Dr Bruce Perry, notes that in reality you cannot love yourself unless you have been loved, noting, "the capacity to love cannot be built in isolation".

"Loving yourself" is valued by modern society if it helps you to get ahead. Constant self-improvement is what matters in a performance-focused society that positions people as objects of enhancement and optimisation. Neoliberalism assumes women's lives are shaped by deliberate choices for which they, as individuals, are responsible. Little attention is paid to the contexts that constrain women's choices.

Being responsible for self-love and self-healing only furthers the responsibility that women already shoulder for their health, well-being, careers, and relationships.

How to get a man to commit

Women are instructed on how to develop "a huge advantage over other women" in the "battle" to "get him to put a ring on it". For example, dating coach Benjamin Daly tells his 500,000 Instagram followers that his book reveals "the secret to getting any man begging for commitment".

Not only are women encouraged to strategise their dating moves, they must also self-monitor to avoid emasculating men, with authors encouraging women to observe the rules of traditional femininity and let men "lead".

The strategies underpinning such advice are, at best, confusing. To quote author, Emily Brooks, "We are told to lean in at work, but wait for him to call". It's OK to hustle at work, but don't overreach in your relationships.

The dating advice outlined in this category pits women against each other, polices women's femininity, and reinforces a performance-centric framework of thinking about intimate relationships.

How to navigate toxic behaviours online

Online dating, while positive in some respects, is a minefield for toxic male behaviour.

This behaviour varies from rejection violence, where women are confronted with violence when turning down a man's advances, to unsolicited graphic images, to more subtle forms of damaging behaviour. These include but are not limited to lovebombing, where men bombard women with attention in order to gain control, and breadcrumbing, where a person leads someone on but remains noncommittal.

These behaviours are not exclusive to male dating app users, but advice around how to handle such behaviour is largely directed at women.

Why are these trends a problem?

Modern dating advice often implies women can and should fix themselves, and their relationships. This creates feelings of shame, and is particularly harmful advice for the vulnerable women in our communities.

Telling women to love themselves before they can have a relationship is at best, nonsensical, and at worst, cruel, especially for those who have suffered the mental violence that accompanies sexual assault and domestic violence.

So many women across the world have experienced sexual assault, with women eight times more likely than men to experience sexual assault by an intimate partner. There can be sexual or physical violence at the hands of a former or current partner or emotional abuse.

Lowered self-esteem and a diminished sense of self-worth are just some of the psychological effects of sexual, physical, and emotional violence that may make "self-love" difficult.

Women need safety more than dating advice

Teaching women how to react effectively to emotionally dysfunctional behaviour may help women to cope, but it doesn't address the fundamental issue of intimate interpersonal relationships: safety.

Rather than upskilling women to deal with the harm they risk in dating men, the self-help industry should focus on male behaviour – not the reactions of women to this behaviour. Women need safety more than they need advice.

We need to redirect the focus to male behaviour

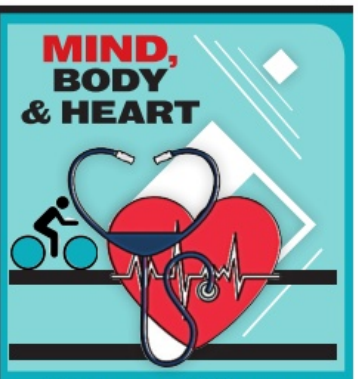
The most important dating advice the self-help industry can offer is for a male audience: do not harm the women around you.

Mateship is revered, yet male friendships are often devoid of vulnerability, openness, intimacy, and self-disclosure. This likely has to do with toxic expectations around masculinity that may manifest in emotional suppression and masking of distress, misogyny and homophobia. Research has found male attitudes towards masculinity, feminism, and homophobia are predictive of date-rape-supportive attitudes and self-reported histories of sexual coercion.

Rather than teaching women how to respond to dangerous dating behaviours, the self-help industry should examine what men are taught about dating and relationships. The self-help industry could play an important role in educating online dating app users about how to avoid perpetrating harassment, discrimination, and sexual violence.

"Teaching" women how to deal with the men they're dating is not the solution to the problems of modern dating and relationships.

—By Rachel Hogg, Lecturer in Psychology, Charles Sturt University for The Conversation via PTI



All problems solved

Dear Coleen

I find myself in a difficult situation with my closest friend. She's been having an affair for some time with a man who's married with children. She claims they're in love, but as far as I know he's never indicated that he's going to leave his wife for her. I feel uncomfortable hearing about this affair since I'm married with children myself.
My friend isn't married and has no kids, so I'm not sure she realises how devastating this could be for this man's family.
Or maybe she's so caught up in the affair she simply doesn't care.
My own view is that she should end the affair and look for someone else who's single, but I don't want to come across as judgmental or lose her friendship. Any advice?

COLEEN SAYS

I think it is possible to be friends with someone while not agreeing with all their choices.
I also think a good friendship should be able to withstand some home truths and constructive criticism – ie, admit that you don't agree with what she's doing, especially as you can put yourself in his wife's shoes, and that you're worried it could lead to heartbreak for everyone involved.
The problem is, if she's in love and caught up in the thrill of this affair, she's probably not going to listen to advice, even if she asks for it. Perhaps the best idea is to agree not to discuss it, but tell her you'll be there for her with a shoulder to cry on if it all happens to go wrong.

—Coleen Nolan, Daily Mirror